

REGISTRATION BEGINS AUGUST 18

2008-2009 Fall & Winter Program

**Central Area
Recreation
Centers**

Baker Recreation Center

209 West Page Street — 55107
651-292-7244

El Rio Vista Recreation Center

179 East Robie Street — 55107
651-789-3690

**Jimmy Lee Recreation Center /
Great River Water Park**

270 North Lexington Parkway — 55104
651-642-0650

Linwood Recreation Center

860 St. Clair Avenue — 55105
651-298-5660

Martin Luther King Recreation Center

271 Mackubin Street — 55102
651-290-8695

Mount Airy Boys and Girls Club

690 Jackson Street — 55130
651-221-0330

Scheffer Recreation Center

237 Thomas Avenue — 55104
651-298-5820

West Minnehaha Recreation Center

685 West Minnehaha Avenue — 55104
651-298-5823



Welcome to the Central Area

Helping to Make Saint Paul the Most Livable City in America

Mission Statement

To help make Saint Paul the most livable city in America, Saint Paul Parks and Recreation will facilitate the creation of active lifestyles, vibrant places and a vital environment.



VISIT US ON THE WEB

www.stpaul.gov/parks

This program is subject to change due to citywide or local special events.

General Parks and Recreation Information	651-266-6400
Parkwatch	651-646-3535
Seasonal & Part-time Employment	651-266-6466
Volunteer Hotline	651-266-6464
Environmental Program Volunteer Hotline	651-266-6458

An Affirmative Action Equal Opportunity Employer

Administration

Director:	Bob Bierscheid, CPRP
Manager of Recreation:	Kathy Korum
Manager of Special Services:	Vince Gillespie
Area Coordinator:	Beverly Wittgenstein
Oxford Community Center Facility Manager:	Paul Prior
Supervisor of Aquatics:	Lynn Waldorf

Central Area Staff

Sports Specialist:	James Banks
Youth & Family Program Specialist:	Belinda Bergstrom
Facility Specialist:	Tony Ruiz
Jimmy Lee Recreation Center:	Victor Mister
Great River Water Park:	Adam Zirzow
Baker Recreation Center:	Amanda Felion
El Rio Vista Recreation Center:	Amanda Felion
Linwood Recreation Center:	Jim Newman
Martin Luther King Recreation Center:	Joe Felion
Scheffer Recreation Center:	Cathy Courtney
West Minnehaha Recreation Center:	Jamie Anderson

Holiday Closings for Recreation Centers

Monday, September 1 (Labor Day)
El Rio Vista and Jimmy Lee will be open Noon - 8:00 pm
Thursday, November 27 (Thanksgiving Day)
Friday, November 28 (Some sites will be open - call for info.)
Thursday, December 25 (Christmas)
Thursday, January 1 (New Year's Day)

Thank You to Our Volunteers

A special thanks to all of the volunteers who coached sports or assisted with one of the many special events. Without volunteers like you, our programs would not be possible.

Registration Information

Most activities and special events have limited space and are filled on a first-come, first-served basis. Individuals with special needs or disabilities are invited to participate in all recreation center programs. If the disability requires special services, please call for more information. Please register at least three weeks in advance of the class to allow for arrangements of accommodations. Individuals who are deaf/hearing impaired may contact any of the area recreation centers through the 711 voice-relay system.

In Person Registration

Walk-in registration is accepted during building hours.

Online Registration

By using a valid credit card, adults can register online from any computer connected to the internet. Our online address is www.stpaul.gov/parks. If you don't have access to a computer, visit any recreation center and the center staff will be able to process your registration for any activity at any recreation center in the city.

Fees & Refunds

Cash, checks, and credit cards (VISA, Mastercard, Discover, & American Express) are accepted. Please make checks payable to the "City of St. Paul." All refunds are subject to a \$10 administration charge unless the program is cancelled. To request a refund, contact the Recreation Center Staff.

Registration is complete when the fee is paid.

Facility Rental Opportunities

Do you need space for a birthday party, anniversary, group meeting or work gathering? Saint Paul Parks and Recreation has a wide variety of spaces available for rent. Spaces such as multipurpose rooms, gymnasiums, kitchens, softball fields, and more are all available at reasonable rates. Contact any Recreation Center for more information.

Photography & Video Recordings

Saint Paul Parks and Recreation uses photography and video recordings to document activities and promote recreation opportunities. Participation in a recreation activity acts as your consent to such photographs and recordings unless you indicate otherwise to the facility staff.

Minnesota Data Privacy Act

In accordance with the Minnesota Data Privacy Act, personal information requested by Parks and Recreation staff of you and/or your child is private. This private data is available to you, the Parks and Recreation staff, and volunteers who need the information to perform their duties - not the public.

Advertise With Us!

Reach Saint Paul households with an ad in the Parks & Recreation Seasonal Program. For more information, ad sizes, and costs, contact Belinda Bergstrom, Youth and Family Specialist at 651-308-5065.

Adaptive Recreation Program

The Adaptive Recreation Program provides leisure services to individuals who are mentally and/or physically disabled. Recreational, educational, and cultural activities are offered throughout the year at various recreation centers and Community Education sites throughout Saint Paul. For more information about the Adaptive Recreation Program, or to receive a copy of the ARCH newsletter, contact the Adaptive Recreation Office at 651-793-6635.

TODDLER



Beginning Creative Movement

Linwood

Instructor: Amy Lee

DAY: Mon	DATE: Sept 8	TIME: 10:30-11:15am
DAY: Mon	DATE: Sept 8	TIME: 2:15-3pm
DAY: Mon	DATE: Nov 3	TIME: 10:30-11:15am
DAY: Mon	DATE: Nov 3	TIME: 2:15-3pm
DAY: Mon	DATE: Jan 5	TIME: 10:30-11:15am
DAY: Mon	DATE: Jan 5	TIME: 2:15-3pm
DAY: Mon	DATE: March 2	TIME: 10:30-11:15am
DAY: Mon	DATE: March 2	TIME: 2:15-3pm
FEE: \$50	AGE: 3-5	SESSIONS: 8

Beginning Creative Movement

Linwood

Instructor: Amy Lee

DAY: Wed	DATE: Sept 10	TIME: 3-3:45pm
DAY: Wed	DATE: Nov 5	TIME: 3-3:45pm
DAY: Wed	DATE: Jan 7	TIME: 3-3:45pm
DAY: Wed	DATE: March 4	TIME: 3-3:45pm
FEE: \$50	AGE: 3-5	SESSIONS: 8

Continued Creative Movement 1

Linwood

Instructor: Amy Lee

DAY: Mon	DATE: Sept 8	TIME: 3-3:45pm
DAY: Wed	DATE: Sept 10	TIME: 3:45-4:30pm
DAY: Mon	DATE: Nov 3	TIME: 3-3:45pm
DAY: Wed	DATE: Nov 5	TIME: 3:45-4:30pm
DAY: Mon	DATE: Jan 5	TIME: 3-3:45pm
DAY: Wed	DATE: Jan 7	TIME: 3:45-4:30pm
DAY: Mon	DATE: March 2	TIME: 3-3:45pm
DAY: Wed	DATE: March 4	TIME: 3:45-4:30pm
FEE: \$50	AGE: 3-5	SESSIONS: 8

Tot Tumbling

Linwood

Instructor: Amy Lee

DAY: Mon	DATE: Sept 8	TIME: 11:15am-Noon
DAY: Mon	DATE: Nov 3	TIME: 11:15am-Noon
DAY: Mon	DATE: Jan 5	TIME: 11:15am-Noon
DAY: Mon	DATE: March 2	TIME: 11:15am-Noon
FEE: \$50	AGE: 3-5	SESSIONS: 8

Continuing Tot Tumbling

Linwood

Instructor: Amy Lee

DAY: Mon	DATE: Sept 8	TIME: Noon-12:45pm
DAY: Mon	DATE: Nov 3	TIME: Noon-12:45pm
DAY: Mon	DATE: Jan 5	TIME: Noon-12:45pm
DAY: Mon	DATE: March 2	TIME: Noon-12:45pm
FEE: \$50	AGE: 3-5	SESSIONS: 8

Beginning Yoga

Linwood

Instructor: Amy Lee

DAY: Wed	DATE: Sept 10	TIME: 2:15-3pm
DAY: Wed	DATE: Nov 5	TIME: 2:15-3pm
DAY: Wed	DATE: Jan 7	TIME: 2:15-3pm
DAY: Wed	DATE: March 4	TIME: 2:15-3pm
FEE: \$50	AGE: 3-5	SESSIONS: 8

Karate : Jiu-Jitsu Little Ninjas

Baker

Instructor: Jason De La O

Learn an ancient martial art with a modern twist. Children will learn respect, focus, and discipline and much more while having fun. All classes are taught by a professional black belt instructor.

DAY: Mon & Wed	DATE: Sept 8	TIME: 5-5:30pm
FEE: \$35	AGE: 4-6	SESSIONS: Monthly

Tot Gym Time

This unstructured time is for parents or day care providers and their tots to play in the gymnasium. Scooter boards, tricycles, balls, parachutes and more are available. Adults are responsible for their children.

El Rio Vista

DAY: Tue & Thur	DATE: Sept 16	TIME: 9-12 noon
FEE: Free	AGE: 1-5	SESSIONS: On-going

Jimmy Lee

DAY: Tue & Thur	DATE: Sept 16	TIME: 10-11:30am
FEE: Free	AGE: 2-5	SESSIONS: 11

Linwood

DAY: Thur	DATE: Sept 4	TIME: 9:30-11:30am
DAY: Thur	DATE: Sept 4	TIME: 3-5pm
FEE: Free	AGE: 1-5	SESSIONS: On-going

West Minnehaha

DAY: Wed & Thur	DATE: Jan 2	TIME: 9-11am
FEE: Free	AGE: 1-5	SESSIONS: On-going

Recreation For Pre-Schoolers (RPS)

Linwood

Instructor: Bobbi Jo Solberg

Applications will be taken by phone beginning Sept 2 for the 2009-10 school year. RPS is a pre-school recreation program with separate classes for 2 year olds and 3 and 4 year olds. A variety of activities are provided to encourage language, cognitive skills, gross and fine motor skills and most importantly, social skills. Low staff/child ratios are maintained in order to ensure both a quality program and safe environment. Class sizes are limited.

DAY: Tue & Thur	AGE: 2	FEE: \$79/month
DAY: Mon/Wed/Fri	AGE: 3-4	FEE: \$109/month

Messy Play

Messy Play provides your child with a one of a kind experience. Your child will be involved in exciting art, craft and messy play activities, in a relaxed, safe and secure environment. Children will get a chance to work with many different art and craft materials. The activities are carefully planned and are age appropriate to help your child reach their full potential.

El Rio Vista Recreation Center

Instructor: YMCA staff

DAY: Tue	DATE: Sept 16	TIME: 9:30-10:15am
DAY: Tue	DATE: Jan 13	TIME: 9:30-10:15am
FEE: \$40	AGE: 3-6	SESSIONS: 7

Linwood

Instructor: YMCA staff

DAY: Wed	DATE: Sept 17	TIME: 9:30-10:15am
DAY: Wed	DATE: Jan 14	TIME: 9:30-10:15am
FEE: \$40	AGE: 3-6	SESSIONS: 7

Music and Movement

El Rio Vista

Instructor: YMCA staff

This class brings the joy of music and movement to youngsters while developing musical skills. Kids will explore musical concepts in a variety of ways including singing, dancing, rhythm activities and musical instruments. These activities help bridge the connection between music and movement, focused listening and self expression.

DAY: Thur	DATE: Sept 18	TIME: 9:30-10:15am
DAY: Thur	DATE: Jan 15	TIME: 9:30-10:15am
FEE: \$40	AGE: 3-6	SESSIONS: 7

Lunch with Mom or Dad

El Rio Vista

Instructor: Staff

Introduce your tot to fun in the kitchen. Each week the class will prepare and eat a tasty lunch. Recipes will be simple, include plenty of kid involvement and kid taste test approved.

DAY: Tue	DATE: Sept 16	TIME: 10:45-11:45am
DAY: Tue	DATE: Jan 13	TIME: 10:45-11:45am
FEE: \$48 (Adult and child) - Each additional child is \$28/session		
AGE: 3-6	SESSIONS: 12	

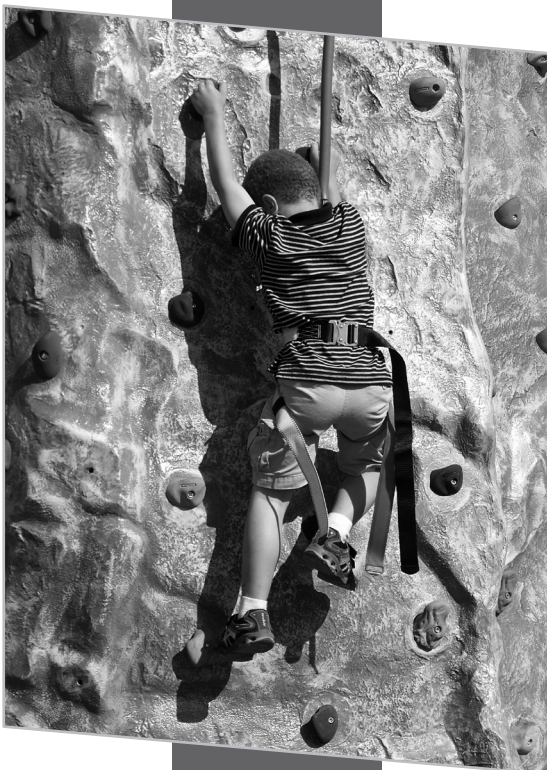
Wee Explorers

Jimmy Lee

Instructor: YMCA staff

Playing and learning go hand-in-hand. Through themed class sessions, children will explore, create and discover numbers, letters and colors, and have lots of fun through sensory manipulative, games and more!

DAY: Wed	DATE: Sept 16	TIME: 10-10:45am
DAY: Wed	DATE: Jan 14	TIME: 10-10:45am
FEE: \$40	AGE: 3-6	SESSIONS: 7



YOUTH

Babysitting Training – Red Cross

Linwood

Instructor: Julie Brown

The national Babysitter's Training certification course prepares youth to safely and responsibly care for themselves and/or other children in the absence of parents and guardians. Youth will learn important skills such as leadership and professionalism, safety and first aid. Participants will receive a handbook, first aid kit and certification card.

DAY: Mon & Tue	DATE: Dec 29 & 30	TIME: 9-12:15pm
FEE: \$50	AGE: 11-15	SESSIONS: 2

Battery Science

Make widgets that work and gadgets that go.

Scheffer

Instructor: Staff

DAY: Tue	DATE: Oct 7	TIME: 6:30 – 7:30pm
FEE: Free	AGE: 9-13	SESSIONS: 6

West Minnehaha

Instructor: Staff

DAY: Thur	DATE: Oct 9	TIME: 6:30 – 7:30pm
FEE: Free	AGE: 9-13	SESSIONS: 6

Beads, Beads, and More Beads

Baker

Instructor: Staff

Make a variety of projects using beads.

DAY: Mon	DATE: Sept 22	TIME: 3:30 – 5pm
DAY: Mon	DATE: Jan 12	TIME: 3:30 – 5pm
FEE: Free	AGE: 6-12 yrs.	SESSIONS: 5

Bingo

Baker

Instructor: Staff

Play bingo and enjoy an afternoon snack.

DAY: Thur	DATE: Sept 25	TIME: 3:30-5pm
DAY: Thur	DATE: Jan 8	TIME: 3:30-5pm
FEE: Free	AGE: 6-12 yrs	SESSIONS: 6

Break Dancing

Scheffer

Instructor: CHAT

Learn the basics: rhythm, steps, up-rocking, footwork, power moves, freezes and unique dances for B-Boys and B-Girls. This class is offered in partnership with CHAT (Center For Hmong Arts and Talent).

DAY: Thur	DATE: Sept. 18	TIME: 6-8:30pm
DAY: Thur	DATE: Jan 22	TIME: 6-8:30pm
FEE: Free	AGE: 8 & up	SESSIONS: On going

Computer Lab

Jimmy Lee

Our computer lab will be available to students after school. Limit of 1 hour per day. We will also have volunteers to help youth with research, use of computers, and homework.

DAYS: Tue & Thur	DATE: Sept 8	TIME: 4-6pm
FEE: Free	AGE: 8-15	SESSIONS: on-going

Cooking – Simply Good Eating

The Simply Good Eating Program provides a fun opportunity to learn about nutrition.

Baker

Instructor: University of Minnesota

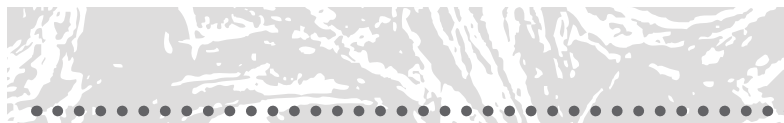
DAYS: Fri	DATE: Sept 19	TIME: 4-5:30pm
FEE: Free	AGE: 5-13	SESSIONS: 6

Scheffer

Instructor: University of Minnesota

DAYS: Wed	DATE: Sept 17	TIME: 4-5:30pm
FEE: Free	AGE: 5-13	SESSIONS: 6

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Cooking – Simply Good Eating (con't)

Martin Luther King

DAYS: Tue DATE: Sept 16
FEE: Free AGE: 5-13

Instructor: University of Minnesota

TIME: 4-5:30pm
SESSIONS: 6

West Minnehaha

DAYS: Thur DATE: Sept 18
FEE: Free AGE: 5-13

Instructor: University of Minnesota

TIME: 4-5:30pm
SESSIONS: 6

Crafts

Linwood Recreation Center

Instructor: YMCA staff

Crafts are a great way for your child to develop and show their creative side. This is a fun opportunity for kids to create both practical and whimsical crafts to take home.

DAY: Thur DATE: Sept 18 TIME: 4:30-5:30pm
DAY: Thur DATE: Jan 15 TIME: 4:30-5:30pm
FEE: \$45 AGE: 7-11 SESSIONS: 7

Dance Classes

Continuing Creative Movement

Linwood

Instructor: Amy Lee

DAY: Mon DATE: Sept 8 TIME: 3:45-4:30pm
DAY: Mon DATE: Nov 3 TIME: 3:45-4:30pm
DAY: Mon DATE: Jan 5 TIME: 3:45-4:30pm
DAY: Mon DATE: March 2 TIME: 3:45-4:30pm
FEE: \$50 AGE: 5-7 SESSIONS: 8

Beginning Ballet & Tap

Linwood

Instructor: Amy Lee

DAY: Mon DATE: Sept 8 TIME: 4:30-5:15pm
DAY: Mon DATE: Nov 3 TIME: 4:30-5:15pm
DAY: Mon DATE: Jan 5 TIME: 4:30-5:15pm
DAY: Mon DATE: March 2 TIME: 4:30-5:15pm
FEE: \$50 AGE: 5-10 SESSIONS: 8

Beginning Ballet

Linwood

Instructor: Amy Lee

DAY: Mon DATE: Sept 8 TIME: 5:15-6pm
DAY: Mon DATE: Nov 3 TIME: 5:15-6pm
DAY: Mon DATE: Jan 5 TIME: 5:15-6pm
DAY: Mon DATE: March 2 TIME: 5:15-6pm
FEE: \$50 AGE: 5-9 SESSIONS: 8

Continuing Creative Movement

Linwood

Instructor: Amy Lee

DAY: Wed DATE: Sept 10 TIME: 3:45-4:30pm
DAY: Wed DATE: Nov 5 TIME: 3:45-4:30pm
DAY: Wed DATE: Jan 7 TIME: 3:45-4:30pm
DAY: Wed DATE: March 4 TIME: 3:45-4:30pm
FEE: \$50 AGE: 4-6 SESSIONS: 8

Beginning Ballet 1

Linwood

Instructor: Amy Lee

DAY: Wed DATE: Sept 10 TIME: 4:30-5:15pm
DAY: Wed DATE: Nov 5 TIME: 4:30-5:15pm
DAY: Wed DATE: Jan 7 TIME: 4:30-5:15pm
DAY: Wed DATE: March 4 TIME: 4:30-5:15pm
FEE: \$50 AGE: 5-9 SESSIONS: 8

Beginning Ballet & Tap

Linwood

Instructor: Amy Lee

DAY: Wed DATE: Sept 10 TIME: 5:15-6pm
DAY: Wed DATE: Nov 5 TIME: 5:15-6pm
DAY: Wed DATE: Jan 7 TIME: 5:15-6pm
DAY: Wed DATE: March 4 TIME: 5:15-6pm
FEE: \$50 AGE: 5-10 SESSIONS: 8

Intermediate Ballet 2

Linwood

Instructor: Amy Lee

DAY: Wed DATE: Sept 10 TIME: 6-7pm
DAY: Wed DATE: Nov 5 TIME: 6-7pm
DAY: Wed DATE: Jan 7 TIME: 6-7pm
DAY: Wed DATE: March 4 TIME: 6-7pm
FEE: \$50 AGE: 6-12 SESSIONS: 8

Dance Sampler

Jimmy Lee

Instructor: YMCA staff

The sampler combines traditional dance with new styles. Kids will make friends and have a great time while learning how to move their bodies to different music.

DAY: Wed DATE: Sept 17 TIME: 4:30-5:30pm
DAY: Tue DATE: Jan 13 TIME: 4:30-5:30pm
FEE: \$45 AGE: 7-11 SESSIONS: 7

Electro Gaming Night

Baker

Instructor: Staff

All ages are invited to come and challenge and defend your skills playing electronic games.

DAY: Tues DATE: Sept 23 TIME: 6-7:30pm
DAY: Tues DATE: Jan 20 TIME: 6-7:30pm
FEE: Free AGE: All SESSIONS: 12

Game Rooms

El Rio Vista, Jimmy Lee, Linwood, Martin Luther King, Scheffer & West Minnehaha

Activities such as ping pong, foosball, darts, video games and a variety of board games are available for daily use.

DAY: Mon – Fri DATE: On-going TIME: 3-8pm
FEE: Free AGE: 6-12 yrs SESSIONS: On-going

Halloween Mask Making

Sign up with a friend and design your own Tiger, Jaguar, Panther, Cougar, Wild Cat, or create your own design. Supplies and mask will be provided. Wear old clothing.

Baker

DAY: Mon DATE: Oct 20 TIME: 4-6pm
FEE: Free AGE: 5-12 SESSION: 1

El Rio Vista

DAY: Tue DATE: Oct 21 TIME: 4-6pm
FEE: Free AGE: 5-12 SESSION: 1

Linwood

DAY: Thur DATE: Oct 23 TIME: 4-6pm
FEE: Free AGE: 5-12 SESSION: 1

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Halloween Mask Making (con't)

Martin Luther King

DAY: Mon	DATE: Oct 27	TIME: 4-6pm
FEE: Free	AGE: 5-12	SESSION: 1

Scheffer

DAY: Tue	DATE: Oct 28	TIME: 4:30-5:30pm
FEE: Free	AGE: 5-12	SESSION: 1

West Minnehaha

DAY: Wed	DATE: Oct 22	TIME: 4:30-5:30pm
FEE: Free	AGE: 5-12	SESSION: 1

Junior Explorers

Scheffer

Instructor: Staff

Explorers will meet once a week to participate in rotating weekly activities. Activities will include: arts and crafts, cooking, movies, science experiments, games, athletics, field trips and more.

DAY: Mon	DATE: Sept 15	TIME: 6:30-8pm
DAY: Mon	DATE: Dec 8	TIME: 6:30-8pm
FEE: Free	AGE: 8-12	SESSIONS: 10 sessions

Karate: Soo Bahk Do

Linwood

Instructor: Mike Kelly

This is a traditional martial art class, emphasizing discipline, concentration self-confidence, personal development, self-defense, conditioning and more. Learn from an internationally ranked certified master instructor. We offer introductory and family discounts.

Introductory Classes for New Students:

DAY: Sat	DATE: Sept 6	TIME: 9-9:45am
DAY: Sat	DATE: Nov 1	TIME: 9-9:45am
DAY: Sat	DATE: Jan 3	TIME: 9-9:45am
DAY: Sat	DATE: Mar 7	TIME: 9-9:45am
	AGE: 6 & up	SESSIONS: 8

FEE: \$70, due the 1st of month

White/Orange Belt Level

DAY: Tues	DATE: Sept 2	TIME: 4:30-5:30pm
DAY: Tues	DATE: Oct 7	TIME: 4:30-5:30pm
DAY: Tues	DATE: Nov 4	TIME: 4:30-5:30pm
DAY: Tues	DATE: Dec 2	TIME: 4:30-5:30pm
DAY: Tues	DATE: Jan 6	TIME: 4:30-5:30pm
DAY: Tues	DATE: Feb 3	TIME: 4:30-5:30pm
DAY: Tues	DATE: Mar 3	TIME: 4:30-5:30pm
	AGE: All	SESSIONS: Monthly

FEE: \$45/month, due the 1st of month

White/Orange Belt Level

DAY: Sat	DATE: Sept 6	TIME: 9:45-10:45am
DAY: Sat	DATE: Oct 4	TIME: 9:45-10:45am
DAY: Sat	DATE: Nov 1	TIME: 9:45-10:45am
DAY: Sat	DATE: Dec 6	TIME: 9:45-10:45am
DAY: Sat	DATE: Jan 3	TIME: 9:45-10:45am
DAY: Sat	DATE: Feb 7	TIME: 9:45-10:45am
DAY: Sat	DATE: Mar 7	TIME: 9:45-10:45am
	AGE: All	SESSIONS: Monthly

FEE: \$45/month, due the 1st of month

Green/Red Belt Level

DAY: Tues	DATE: Sept 2	TIME: 5:30-6:30pm
DAY: Tues	DATE: Oct 7	TIME: 5:30-6:30pm
DAY: Tues	DATE: Nov 4	TIME: 5:30-6:30pm
DAY: Tues	DATE: Dec 2	TIME: 5:30-6:30pm
DAY: Tues	DATE: Jan 6	TIME: 5:30-6:30pm
DAY: Tues	DATE: Feb 3	TIME: 5:30-6:30pm
DAY: Tues	DATE: Mar 3	TIME: 5:30-6:30pm
	AGE: All	SESSIONS: Monthly

FEE: \$45/month, due the 1st of month

Green/Red Belt Level

DAY: Sat	DATE: Sept 6	TIME: 10:45-11:45am
DAY: Sat	DATE: Oct 4	TIME: 10:45-11:45am
DAY: Sat	DATE: Nov 1	TIME: 10:45-11:45am
DAY: Sat	DATE: Dec 6	TIME: 10:45-11:45am
DAY: Sat	DATE: Jan 3	TIME: 10:45-11:45am
DAY: Sat	DATE: Feb 7	TIME: 10:45-11:45am
DAY: Sat	DATE: Mar 7	TIME: 10:45-11:45am
	AGE: All	SESSIONS: Monthly

FEE: \$45/month, due the 1st of month

Karate: Jiu-Jitsu

Baker

Instructor: Jason De La O

Learn an ancient martial art with a modern twist. Children will learn respect, focus, and discipline and much more while having fun. All classes are taught by a professional black belt instructor.

DAYS: Mon & Wed	DATES: Sept 6	TIME: 5:45-6:30pm
DAYS: Mon & Wed	DATES: Oct 2	TIME: 5:45-6:30pm
DAYS: Mon & Wed	DATES: Nov 3	TIME: 5:45-6:30pm
DAYS: Mon & Wed	DATES: Dec 1	TIME: 5:45-6:30pm
DAYS: Mon & Wed	DATES: Jan 5	TIME: 5:45-6:30pm
DAYS: Mon & Wed	DATES: Feb 2	TIME: 5:45-6:30pm
	AGE: 4-6	SESSIONS: Monthly

FEE: \$50/month, due the 1st of month

Kids In The Kitchen

El Rio Vista

Children will learn how to make snacks, meals, and how to measure ingredients.

DAY: Thur	DATE: Sept 18	TIME: 6:30-7:30pm
FEE: \$35	AGE: 7-12	SESSIONS: 10

Making Microwave Meals

Baker

Instructor: Staff

Children will learn how to make their own meals.

DAYS: Mon	DATES: Sept 22	TIME: 6:30-7:30pm
DAYS: Mon	DATES: Jan 26	TIME: 6:30-7:30pm
FEE: Free	AGE: 7-12	SESSIONS: 6

Open Gym

El Rio Vista

DAY: Mon-Fri	DATE: On-going	TIME: 3-5pm
FEE: Free	AGE: 6-12	SESSIONS: On-going

Tae Kwon Do

Tae Kwon Do will teach you self-confidence, self defense, stances, blocking and kicking forms and discipline from a ranked 1st degree black belt.

El Rio Vista

Instructor: Gabriel Lopez

DAYS: Mon & Wed	DATES: Sept 3	TIME: 5:30-6:30pm
DAYS: Mon & Wed	DATES: Oct 1	TIME: 5:30-6:30pm
DAYS: Mon & Wed	DATES: Nov 3	TIME: 5:30-6:30pm
DAYS: Mon & Wed	DATES: Dec 1	TIME: 5:30-6:30pm
DAYS: Mon & Wed	DATES: Jan 5	TIME: 5:30-6:30pm
DAYS: Mon & Wed	DATES: Feb 2	TIME: 5:30-6:30pm
	AGES: 6 and up	SESSIONS: Monthly

FEE: \$33, due the 1st of month

Martin Luther King Beginners

Instructor: Myung Rosas

DAY: Wed & Fri	DATE: Oct 1	TIME: 5:30-6:45pm
DAY: Wed & Fri	DATE: Jan 2	TIME: 5:30-6:45pm
	AGE: 8 & up	SESSIONS: 3 Months

FEE: \$70/person, \$35 for any additional family member

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Tae Kwon Do (con't)

Advanced

Day: Wed & Fri	DATE: Oct 1	TIME: 6:45-8pm
Day: Wed & Fri	DATE: Jan 2	TIME: 6:45-8pm
	AGE: 8 & up	SESSIONS: 3 Months

FEE: \$70/person \$35 for any addition family member

West Minnehaha

Instructor: Mac Le

DAYS: Mon & Wed	DATES: Sept 3	TIME: 5-7pm
DAYS: Mon & Wed	DATES: Oct 1	TIME: 5-7pm
DAYS: Mon & Wed	DATES: Nov 3	TIME: 5-7pm
DAYS: Mon & Wed	DATES: Dec 1	TIME: 5-7pm
DAYS: Mon & Wed	DATES: Jan 5	TIME: 5-7pm
DAYS: Mon & Wed	DATES: Feb 2	TIME: 5-7pm
	AGE: 6 and up	SESSIONS: Monthly

FEE: Introduction: \$25 White Belt: \$35
Yellow Belt: \$45 Green Belt & up: \$55

Jimmy Lee

Instructor: Gabriel Lopez

DAYS: Mon & Wed	DATES: Sept 3	TIME: 3-4:15pm
DAYS: Mon & Wed	DATES: Oct 1	TIME: 3-4:15pm
DAYS: Mon & Wed	DATES: Nov 3	TIME: 3-4:15pm
DAYS: Mon & Wed	DATES: Dec 1	TIME: 3-4:15pm
DAYS: Mon & Wed	DATES: Jan 5	TIME: 3-4:15pm
DAYS: Mon & Wed	DATES: Feb 2	TIME: 3-4:15pm
	AGE: 6 and up	SESSIONS: Monthly

FEE: \$33, due the 1st of month

NFL Football Picks

Jimmy Lee & West Minnehaha

Instructor: Staff

Try your luck at picking who's going to win each week's game. Picks must turn in picks by Wednesday of each week. This begins first week on the NFL season through the regular season. Free

Young Scientist

Linwood

Instructor: YMCA staff

This class is designed to expose youth to the exciting fields of science at an early age. Fun and engaging hands-on games and activities will be accompanied by age-appropriate information on specific science topics.

DAY: Tues	DATE: Sept 16	TIME: 4:30-5:30pm
DAY: Tue	DATE: Jan 13	TIME: 4:30-5:30pm
FEE: \$45	AGES: 7-11	SESSIONS: 7



YOUTH ATHLETICS

The City of Saint Paul, Division of Parks and Recreation is committed to providing quality athletic programming for youth of all ages and abilities. The basic foundation of our program is to:

- Encourage participation in physical activities
- To promote the development of physical skills
- To provide a safe place and fun experience.

Our program is built on the principles of fair play, good sportsmanship and respect for one's self and one's opponent. It is our expectation that everyone involved in youth athletic programming will contribute in a positive manner. We will provide a healthy environment where participants will feel safe, welcome and where they will find their athletic experience rewarding.

All participants must live in Saint Paul unless the participant is enrolled in a public, private, or charter school within the Saint Paul city limits.

Participants are required to:

- Provide a copy of the birth certificate at time of registration
- Pay registration fee at time of registering

Non-resident participants are required to:

- Show proof of enrollment/school attendance for the current year.
- Comply with all other requirements (examples: age, weight for football, etc.) for team participation.

* Late registrations will be accepted if roster space is available.

* Late registrations may be charged a late fee

Fall Sports Registration

Registration dates were July 7 - Aug 1. Space may be available on some teams, please call to see if space is available.

Flag Football: Ages 8, 10, 12, 14, and 18 & under

Separate male and female teams for 14 & 18 and under

Tackle Football: Ages 10, 12, and 14 & under

Soccer: Ages 6, 8, 10, 12, and 14 & under

Winter Sports Registration

REGISTRATION: Oct 13-17 Late registration will be taken if space is available.

Basketball: Ages 10, 12, 14, and 18 & under

Spring Sports Registration

REGISTRATION: Feb 9-13 Late registration will be taken if space is available.

Volleyball: Ages 10, 12, 14, and 18 & under

Indoor Soccer: Ages 10, 12, 14, and 18 & under



Actor's Studio

Linwood

Instructor: Amy Lee

Students will learn different styles and acting methods by creating characters and an original play.

Day: Wed	Date: Sept 10	Time: 7-8pm
Day: Wed	Date: Nov 5	Time: 7-8pm
Day: Wed	Date: Jan 7	Time: 7-8pm
Day: Wed	Date: Mar 4	Time: 7-8pm
Fee: \$50	Age: 11-16	Sessions: 8

Break Dancing

Scheffer

Instructor: Thomas Yang

Learn the basics: rhythm, steps, up-rocking, footwork, power moves, freezes and unique dances for B-Boys and B-Girls. This class is offered in partnership with CHAT (Center For Hmong Arts and Talent).

Day: Thur	Date: Sept 18	Time: 6:30-8:30pm
Fee: Free	Age: 8 & up	Sessions: On-going

Distinguished Gentlemen

Baker

Instructors: Staff

Come learn social and job search skills, and have fun playing games with other teens

Day: Mon	Date: Oct 6	Time: 6:30-8pm
Day: Mon	Date: Jan 26	Time: 6:30-8pm
Fee: Free	Age: 13-17	Sessions: 10

Friday Night Fever

Martin Luther King

Teens can "hang out" with their friends in a safe and supervised space. Basketball, movies, and video games will be available.

Day: Fri	Date: Sept 19	Time: 7-9pm
Fee: Free	Age: 13-18	Sessions: On-going

Frogtown Teen Night

West Minnehaha

Instructor: Staff

Teen group will focus on a positive learning experience in a safe environment. The group will meet once a week to discuss current events, hot topics, school subjects and enjoy some free time.

Day: Fri	Date: Sept 26	Time: 6-9pm
Fee: \$2	Age: Teens	Sessions: On-going

Groovin' and Movin' Dance

Jimmy Lee

Instructor: Staff & Participants

Hey teens! Come down for an afternoon and enjoy dancing in our dance studio. Bring your favorite CD. Don't miss this great opportunity to socialize and dance with friends.

Days: Wed	Date: Sept 10	Time: 4:30-6:15pm
Fee: Free	Age: 13-17	Sessions: On-going

Teen Girls Group

Scheffer

Instructor: Staff

Join a teen girls group that is youth driven and dedicated to improving the lives of young women in Saint Paul. This is a safe place to come and share experiences, relax, make friends, support each other and become involved.

Day: Wed	Date: Oct 15	Time: 6:30-8:30pm
Fee: Free	Age: 13-17	Sessions: On-going

Tae Kwon Do

See description under Adult Activities

Teen Program

Neighborhood House Youth Center (El Rio Vista)

Activities, events and field trips will focus on recreation, enrichment and education. Teens will also be involved with at least three community service projects over the course of the summer. For more information or to register, call 651-789-2500.

Fee: Free	Age: 13-18	Sessions: On-going
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Teen Space, Teen Power

El Rio Vista

Instructor: Staff

Teen Space, Teen Power is a place where older youth can get away from younger siblings. Teen Space, Teen Power is a place where older youth can create music, videos and art. Teen Space, Teen Power is a place where older youth can go to talk, relax, listen...

Day: Tue	Date: Sept 16	Time: 6-8pm
Day: Tue	Date: Jan 13	Time: 6-8pm
Fee: Free	Age: 13-17	Sessions: On-going

Teen Fitness Blast

El Rio Vista

Instructor: Staff

Activities will include dancing in the studio, weight room cardio/weight equipment, walking track, gym games, Wii games, jump roping and more.

Day: Wed	Date: Sept 17	Time: 4-5pm
Day: Wed	Date: Jan 14	Time: 4-5pm
Fee: Free	Age: 13-17	Sessions: On-going

Fitness/Weight Room

In order to encourage healthy living and active lifestyles, we are promoting the use of our walking tracks and fitness rooms. Participants who live or work in Saint Paul may purchase an annual membership that entitles them to use our walking tracks and fitness rooms for \$25. Your membership allows you to use any of our locations. You may also buy a daily pass.

El Rio Vista

Day: Mon-Fri	Date: On-going	Time: 7:30am-9pm
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Jimmy Lee

Day: Mon-Fri	Date: On-going	Time: 8:30am-9pm
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Linwood

Day: Mon-Fri	Date: On-going	Time: 7am-9pm
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Martin Luther King

Day: Mon-Fri	Date: On-going	Time: 3-8pm
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Weight Room Training

Jimmy Lee

Instructor: Jake Kuppe

This is a great way to improve or maintain your health and fitness. Instructor will work with you to set up a workout.

Days: Wed	Date: Sept 24	Time: 7:30-9pm
Fee: \$2/day	Age: 15-18	Sessions: 8

Open Gym

School I.D. required. Times and days are subject to change.

Baker

Day: Thur	Date: On-going	Time: 6:30-8pm
Fee: Free	Age: 14 -17	Sessions: On-going

El Rio Vista

Day: Mon-Fri	Date: Sept 17	Time: 5-7pm
Fee: Free	Age: 13-17	Sessions: On-going

Martin Luther King

Day: Mon - Fri	Date: On-going	Time: 3-5pm
Fee: Free	Age: 14 & under	Sessions: On-going

Basketball

West Minnehaha

Half court pick up games will be played. Boys and girls are welcome.

DAY: Wed & Fri

DATE: Jan 7

TIME: 3-5pm

FEE: Free

AGE: 13-17

SESSIONS: On-going

Teen Councils / Teen Groups

Teens!! We need your voice and ideas. Join us for fun and to voice your opinion on teen activities and programs.

Scheffer

2nd Tue of the month

West Minnehaha

3rd Thur of the month

Youth Farm and Market Project

El Rio Vista

Youth will have an opportunity to work with a chef to learn about nutrition and prepare dinner each day.

DAY: Mon

DATE: Sept 15

TIME: 4-5pm

DAY: Mon

DATE: Jan 7

TIME: 4-5pm

FEE: Free

AGE: 13-17

SESSIONS: On-going

4 on 4 Basketball Tourney

Martin Luther King

No School Day Programming

Sign up to your own team, or play on a team that needs another player. Males and females are welcome to play. This is a free program. If you enjoy table tennis sign up to compete in our tourney and for those that wish to socialize we will have table games available. Pre-registration is required.

DAY: Thur & Fri

DATE: Oct 16 & 17

TIME: 1-5pm

DAY: Mon & Tue

DATE: Dec 22 & 23

TIME: 1-5pm

FEE: Free

AGE: 13-17

SESSIONS: On-going

Wii Wednesday

Baker

Play a variety of different games and challenge your skills against others. All ages are welcome to join in the fun.

DAY: Wed

DATE: Sept 17

TIME: 4-5pm

DAY: Wed

DATE: Jan 14

TIME: 4-5pm

FEE: Free

AGE: Teen

SESSIONS: 10

Bowling For All

A program designed for children and families of St. Paul. The cost for a three month card is \$20.00 per person. You can stop in at any recreation center to purchase your card. The three months for fall includes, September - December 2008, and winter months of January - March 2009. Cards may be used anytime when open bowling is available. You may call Midway Pro Bowl or go to their web site for open times. For more information, please call your local recreation center.

MIDWAY PRO BOWL

1556 University Avenue • St Paul, MN 55116

www.midwayprobowl.com

Phone: 651-646-1396

The Junior League of Saint Paul

The Junior League of Saint Paul, through its Saint Paul Plays! Committee is working with Saint Paul Parks and Recreation and the Mayor's Second Shift Initiative, to provide opportunities for children and their families to connect through play. Game events throughout the year, will be set up to create opportunities for children and parents to play together, teach parents why play is important to their children's well-being, and enjoy time together with their neighbors in a safe environment. Gaming night will be held at these sites:

Arlington:

Nov 3 5:30-7:30pm

Feb 18 4-6pm

Dayton's Bluff:

Jan 15 5:30-7:30pm

Apr 9 5:30-7:30pm

Hancock:

Oct 8 4-6pm

Feb 11 5:30-7:30pm

Jimmy Lee:

Oct 20 4-6pm

Mar 5 4-6pm

McDonough:

Nov 13 5:30-7:30pm

Mar 24 4-6pm

West Minnehaha:

Jan 28 4-6pm

Apr 23 5:30-7:30pm

FAMILY

Domino Games

Baker

All ages are welcome! Come play games, some old and some new with dominos.

DAY: Mon DATE: Sept 22 TIME: 5:30-7pm
FEE: Free SESSIONS: 10

Family Cooking: All Around the World

El Rio Vista

DAY: Sat DATE: Sept 22 TIME: 12-2pm
DAY: Sat DATE: Jan 17 TIME: 12-2pm
FEE: \$100/Family SESSIONS: 8

Gym Time - In-line Skating

Linwood

The gym will be open for families for gym activities and in-line skating (must provide own skates). Children must be accompanied by an adult family member.

DAY: Sun DATE: January 4 TIME: 1:15-2:30pm
FEE: Free SESSIONS: 8



Bonfire – Annual Fall

Linwood

A fun evening for family and neighbors. Join us for entertainment and a beautiful night huddled around the bonfire.

DAY: Sat DATE: Oct 4 TIME: 5-9pm
FEE: Free AGE: Family SESSIONS: 1

Halloween Party

Jimmy Lee

Calling all kids to join us for our annual Halloween party. We will have carnival games, contests & prizes. Don't forget to wear your costume!

DAY: Thur DATE: Oct 30 TIME: 6-8pm
FEE: Free AGES: 3-12 SESSIONS: 1

Holiday Party

Join us for an evening Holiday party. Dinner will be served, we will have a special guest from the North Pole, a gift, a movie and lots of fun.

El Rio Vista

DAY: Sat DATE: Dec 20 TIME: 5-8pm
FEE: \$5/person AGE: 3-12 (Family) SESSIONS: 1

Scheffer

DAY: Mon DATE: Dec 22 TIME: 5-8pm
FEE: \$5/person AGE: 3-12 (Family) SESSIONS: 1

Winter Snow Days

Bring a friend to the Center, to enjoy an afternoon of snowshoeing and cross country skiing. We will supply the equipment.

Scheffer

DAY: Fri DATE: Jan 23 TIME: 2-5pm
FEE: \$5/person AGE: 3-12 (Family) SESSIONS: 1

Gym Time – Gym Activities

Linwood

The gym will be open to families for gym activities and in-line skating (must provide own skates). Children must be accompanied by an adult family member.

DAY: Sun DATE: Jan 4 TIME: 2:30-3:45pm
FEE: Free SESSIONS: 8

Open Gym - Family

Jimmy Lee

The gym will be open to families for gym activities. Children must be accompanied by an adult family member.

DAY: Sun DATE: Sept 21 TIME: 1-4pm
FEE: Free SESSIONS: On-going

Skating

Baker & Linwood

A general rink and/or hockey rink are located at the following sites: Baker & Linwood. Call sites for more information.

FAMILY SPECIAL EVENTS

West Minnehaha

DAY: Thur DATE: Feb 19 TIME: 4-6pm
FEE: \$5/person AGE: 3-12 (Family) SESSIONS: 1

Skating Party

Linwood

Join us for an evening of outdoor skating, indoor rollerblading, horse-drawn sleigh rides, treasure hunt, refreshments and fun for the whole family.

DAY: Sun DATE: Feb 15 TIME: 5-8pm
FEE: \$10/family AGE: Family SESSIONS: 1

Picnic With The Bunny

West Minnehaha

Bring your blanket and lunch and visit with Mr. Bunny. Activities will include carnival games.

DAY: Sat DATE: Mar 15 TIME: 10-12noon
FEE: Free AGES: 3-12 SESSIONS: 1

“Winter Blues” Comcast Big Screen Movies In The Rec

Scheffer

Bring along your picnic blanket, pillow or chair, find you space in our gym and enjoy your favorite movie with family and friends.

DAY: Sun DATE: April 12 TIME: 5-8pm
FEE: Free AGE: Family SESSIONS: 1

Spring Celebration

Linwood

Join us and celebrate spring by making May Day baskets for family and friends. Other activities will include a Jump Castle, petting zoo, pony rides, button-making, face painting and refreshments.

DAY: Sat DATE: Apr 25 TIME: 11:30-2:30pm
FEE: Free AGE: Family SESSIONS: 1

ADULT

Badminton

West Minnehaha

Three courts are shared by all players. Players must provide their own racket and shuttlecocks

DAY: Thur DATE: Jan 8 TIME: 7-9pm
FEE: \$2/night SESSIONS: On-going

Basketball – Mens' Open

Open gym for Adult Men. I.D. required by all participants.

El Rio Vista

DAY: Tue DATE: Sept 16 TIME: 7-9:30pm
FEE: \$3 AGES: 25+ SESSIONS: On-going

Jimmy Lee

DAY: Wed DATE: Sept 10 TIME: 5-8pm
FEE: \$2 AGES: 18+ SESSIONS: 9

West Minnehaha

DAY: Mon & Thurs DATE: Sept 15 TIME: 2-4pm
FEE: \$2/session AGES: 18+ SESSIONS: 30
DAY: Mon DATE: Jan 7 TIME: 2-4pm
FEE: \$2 AGES: 18+ SESSIONS: On-going

Basketball – Women's Open

Jimmy Lee

Open Gym for Adult Women. I.D. required by all participants.

DAY: Mon DATE: Sept 8 TIME: 5-8pm
FEE: \$2 AGES: 18+ SESSIONS: 9

Chicago Style Steppin - Beginning

Martin Luther King

Instructor: Art Richmond

Learn techniques, basic 1-2 cross, basic turns, basic lead / follow procedures while gaining confidence and style. Couples looking to register and receive the couples discount should register on site. You must give Recreation staff the name of your partner at the first class.

DAY: Tue DATE: Sept 23 TIME: 6-7:30pm
DAY: Tue DATE: Nov 4 TIME: 6-7:30pm
DAY: Tue DATE: Dec 16 TIME: 6-7:30pm
DAY: Tue DATE: Jan 27 TIME: 6-7:30pm
DAY: Tue DATE: Mar 10 TIME: 6-7:30pm
FEE: \$40/person or \$50/couple SESSIONS: 6

Chicago Style Steppin - Advanced

Martin Luther King

Instructor: Kevin Johnson

Learn advanced techniques, advanced 1 - 2 cross, advanced turns, basic lead / follow procedures while gaining confidence and style. Couples looking to register and receive the couples discount should register on site. You must give Recreation staff the name of your partner at the first class.

DAY: Thur DATE: Sept 25 TIME: 6-8pm
DAY: Thur DATE: Nov 6 TIME: 6-8pm
DAY: Thur DATE: Dec 18 TIME: 6-8pm
DAY: Thur DATE: Jan 29 TIME: 6-8pm
DAY: Thur DATE: Mar 12 TIME: 6-8pm
FEE: \$40 person / \$50 couple SESSIONS: 6

Ballet & Jazz – Beginning

Linwood

Instructor: Amy Lee

Always wanted to try ballet and jazz? Here's your chance! Pivot, turn, stretch and leap your way into this class! Dress comfortably and wear jazz shoes or ballet slippers.

DAY: Mon DATE: Sept 8 TIME: 6-7pm
DAY: Mon DATE: Nov 3 TIME: 6-7pm
DAY: Mon DATE: Jan 5 TIME: 6-7pm
DAY: Mon DATE: March 2 TIME: 6-7pm
FEE: \$50 SESSIONS: 8

Ballet & Tap – Beginning

Linwood

Instructor: Amy Lee

Learn the fundamentals of Ballet and Tap. Dress comfortably and wear tap or hard soled shoes (no tennis shoes).

DAY: Mon DATE: Sept 8 TIME: 7-8pm
DAY: Mon DATE: Nov 3 TIME: 7-8pm
DAY: Mon DATE: Jan 5 TIME: 7-8pm
DAY: Mon DATE: March 2 TIME: 7-8pm
FEE: \$50 SESSIONS: 8

Greeting Cards

Martin Luther King

Instructor: Janice Rasset

Use rubber stamps and other embellishments to make greeting cards and other projects for family and friends. You will complete at least three cards/projects per class. All supplies will be provided. Bring a scissors and glue stick or double-faced tape to class.

DAY: Mon DATE: Sept 22 TIME: 6:30-8:30pm
DAY: Mon DATE: Jan 26 TIME: 6:30-8:30pm
FEE: \$35 SESSIONS: 6 sessions

Greeting Cards - Holiday

Martin Luther King

Instructor: Janice Rasset

Use rubber stamps and other embellishments to make 12 outstanding Holiday greeting cards along with gift tags. Family and friends will be totally impressed by your cards! All supplies provided; bring a scissors and adhesive.

DAY: Mon DATE: Nov 10 TIME: 6:30-10pm
FEE: \$20 SESSIONS: 1 sessions



Computer Basics

Martin Luther King

This class will concentrate on the fundamentals of the personal computer. Topics include history, safety, components and peripherals, and the MS Windows operating system.

DAY: Tues	DATE: Oct 7	TIME: 5-6:30pm
DAY: Tues	DATE: Nov 4	TIME: 5-6:30pm
DAY: Tues	DATE: Dec 2	TIME: 5-6:30pm
DAY: Tues	DATE: Jan 6	TIME: 5-6:30pm
DAY: Tues	DATE: Feb 3	TIME: 5-6:30pm
DAY: Tues	DATE: Mar 3	TIME: 5-6:30pm
FEE: \$25	SESSIONS: 4	

Word Processing

Martin Luther King

Basic and intermediate functions of word processing. Topics include text formats, paragraph styles, tables and columns.

DAY: Wed	DATE: Oct 8	TIME: 5-6:30pm
DAY: Wed	DATE: Nov 5	TIME: 5-6:30pm
DAY: Wed	DATE: Dec 3	TIME: 5-6:30pm
DAY: Wed	DATE: Jan 7	TIME: 5-6:30pm
DAY: Wed	DATE: Feb 4	TIME: 5-6:30pm
DAY: Wed	DATE: Mar 4	TIME: 5-6:30pm
FEE: \$25	SESSIONS: 4	

Spreadsheets

Martin Luther King

Cover the basic and intermediate functions of spreadsheets. Topics include worksheets and workbooks, entering data, basic formulas, charts and graphics.

DAY: Thurs	DATE: Oct 9	TIME: 5-6:30pm
DAY: Thurs	DATE: Nov 6	TIME: 5-6:30pm
DAY: Thurs	DATE: Dec 4	TIME: 5-6:30pm
DAY: Thurs	DATE: Jan 8	TIME: 5-6:30pm
DAY: Thurs	DATE: Feb 5	TIME: 5-6:30pm
DAY: Thurs	DATE: Mar 5	TIME: 5-6:30pm
FEE: \$25	SESSIONS: 4	

Fitness – Weight Room or Walking Track

In order to encourage healthy living and active lifestyles, we are promoting the use of our walking tracks and fitness rooms. Participants who live or work in Saint Paul may purchase an annual membership that entitles them to use our walking tracks and fitness rooms for \$25. Your membership allows you to use equipment at any of our locations. You may also purchase daily passes for \$3 for fitness and \$1 for walking tracks.

Linwood

This room consists of 7 nautilus Cybex machines, two treadmills, two stair climbers, and three exercise bicycles for cardiovascular training. Locker rooms are available for members. Bring own lock.

El Rio Vista

Walking Track and fitness room available. Fitness room equipment includes 2 elliptical machines, 2 treadmills, Universal weight machine, bench press, 2 stationary bikes, squat machine, slanted bench, pull up machine, and free weights.

Jimmy Lee

The fitness room and walking track will be available for use during normal programming hours.

Martin Luther King

Equipment includes free weights, a universal weight machine, a treadmill, two elliptical trainers, a speed bag and a heavy bag.

Karate: Jiu-Jitsu

Baker

Instructor: Jason De La O

Learn an ancient martial art with a modern twist. Adults will learn self-defense while getting in shape, and relieving stress. Class is taught by a professional black belt instructor.

DAY: Mon & Wed	DATE: Sept 3	TIME: 6:30-7:15pm
DAY: Mon & Wed	DATE: Oct 6	TIME: 6:30-7:15pm
DAY: Mon & Wed	DATE: Nov 3	TIME: 6:30-7:15pm
DAY: Mon & Wed	DATE: Dec 1	TIME: 6:30-7:15pm
DAY: Mon & Wed	DATE: Jan 5	TIME: 6:30-7:15pm
DAY: Mon & Wed	DATE: Feb 2	TIME: 6:30-7:15pm
DAY: Mon & Wed	DATE: Mar 2	TIME: 6:30-7:15pm
FEE: Varies, due on the 1st Mon of the month	SESSIONS: Monthly	

Karate: Soo Bahk Do

Linwood

Instructor: Mike Kelly

Soo Bahk Do is a traditional martial art emphasizing discipline, concentration self-confidence, personal development, self-defense, conditioning and more. Learn from an internationally ranked certified master instructor. We offer introductory and family discounts.

DAY: Sat	DATE: Sept 6	TIME: 11:45am- 12:55pm
DAY: Sat	DATE: Oct 4	TIME: 11:45am- 12:55pm
DAY: Sat	DATE: Nov 1	TIME: 11:45am- 12:55pm
DAY: Sat	DATE: Dec 6	TIME: 11:45am- 12:55pm
DAY: Sat	DATE: Jan 3	TIME: 11:45am- 12:55pm
DAY: Sat	DATE: Feb 7	TIME: 11:45am- 12:55pm
DAY: Sat	DATE: Mar 7	TIME: 11:45am- 12:55pm

FEE: \$45/Month due on the 1st Sat of the month

SESSIONS: Monthly

DAY: Tue	DATE: Sept 2	TIME: 6:30-8pm
DAY: Tue	DATE: Oct 7	TIME: 6:30-8pm
DAY: Tue	DATE: Nov 4	TIME: 6:30-8pm
DAY: Tue	DATE: Dec 2	TIME: 6:30-8pm
DAY: Tue	DATE: Jan 6	TIME: 6:30-8pm
DAY: Tue	DATE: Feb 3	TIME: 6:30-8pm
DAY: Tue	DATE: Mar 3	TIME: 6:30-8pm

FEE: \$45/Month, due on the 1st Tue of the month

SESSIONS: Monthly

Russian Kettlebells

Martin Luther King

Instructor: Andrea DuCane

"A Gym in Your Hand" The kettlebell is a weighted iron ball varying from nine to 100 pounds with a handle to offset the balance of the weight. Quick workouts / Maximum results. High intensity, Low repetition, full body workout. Cardio conditioning and fat burning. Increases muscular endurance, functional strength and coordination. Off set weight results in full range of motion. Work at your own strength and fitness level.

DAY: Mon	DATE: Sept 22	TIME: 7-8pm
DAY: Mon	DATE: Nov 2	TIME: 7-8pm
DAY: Mon	DATE: Dec 8	TIME: 7-8pm
DAY: Mon	DATE: Jan 19	TIME: 7-8pm

NEW STUDENTS FEE: \$150

RETURNING STUDENTS FEE: \$125

SESSIONS: 6



Tae Kwon Do

Martin Luther King

Instructor: Myung Rosas

Beginners

Day: Wed & Fri Date: Oct 1 – Dec 26 Time: 5:30-6:45pm

Day: Wed & Fri Date: Jan 2 – Mar 26 Time: 5:30-6:45pm

Fee: \$70/person, \$35 for each additional family member

Sessions: 3 Months

Advanced

Day: Wed & Fri Date: Oct 1 – Dec 26 Time: 6:45-8pm

Day: Wed & Fri Date: Jan 2 – Mar 26 Time: 6:45-8pm

Fee: \$70/person, \$35 for each additional family member

Sessions: 3 Months

West Minnehaha

Instructor: Mac Le

Day: Mon & Wed Date: Oct 6 Time: 5-7pm

Day: Mon & Wed Date: Nov 3 Time: 5-7pm

Day: Mon & Wed Date: Dec 1 Time: 5-7pm

Day: Mon & Wed Date: Jan 5 Time: 5-7pm

Day: Mon & Wed Date: Feb 2 Time: 5-7pm

Day: Mon & Wed Date: Mar 2 Time: 5-7pm

Fee: Introduction: \$25 White Belt: \$35

Yellow Belt: \$45 Green Belt & up: \$55 Sessions: Monthly

Yoga: Somatic

Martin Luther King

Instructor: Bonnie Roemhildt

Improve your flexibility and health through slow movement. Participants will learn how to relieve muscular tension and stress while improving posture, vision and personal awareness.

Day: Mon Date: Oct 6 Time: 5:30-6:30pm

Day: Mon Date: Nov 3 Time: 5:30-6:30pm

Day: Mon Date: Dec 1 Time: 5:30-6:30pm

Day: Mon Date: Jan 5 Time: 5:30-6:30pm

Day: Mon Date: Feb 2 Time: 5:30-6:30pm

Day: Mon Date: Mar 2 Time: 5:30-6:30pm

Fee: \$20 Sessions: 4

Latin Hip Hop

Jimmy Lee

Instructor: YMCA staff

A high energy workout that fuses together today's latest Hip Hop and Latin moves. Playfully get in the groove and then move to several Hip Hop and Latin Combos that are designed for all levels. Showcase your versatility and passion with a smooth, fun routine.

Day: Wed Date: Sept 17 Time: 6:30 -7:30pm

Day: Wed Date: Jan 14 Time: 6:30 -7:30pm

Fee: \$45 Ages: Adult Sessions: 7

MUNICIPAL ATHLETICS

Are you looking to join an organized adult athletic team? Municipal Athletics, a section of Saint Paul Parks and Recreation, offers a wide variety of adult intramural athletic programs. Some possibilities include: baseball, basketball, boot hockey, broomball, softball and touch football. For more information please contact Municipal Athletics staff at 651-558-2255.

SENIORS

Weekly Senior Groups

Activities include potlucks, trips, cards and games, and much more! Call the center listed for more information.

Baker Seniors

Activities include potlucks, cards games, dice games and more.

Day: Fri Date: On-going Time: 9am-12:30pm

"Club Saturday"

Jimmy Lee

Join friends for card games, dominoes, checkers or come for coffee and conversation.

Day: Sat Date: Sept 6 Time: 9:30am-noon

Fee: \$1 Sessions: On-going

Frogtown Seniors

West Minnehaha

Seniors will enjoy a pot luck lunch and play bingo.

Day: Third Fri Date: On-going Time: 11am-2pm

Fee: \$1 Sessions: On-going

Linwood Seniors

Day: Mon & Thur Date: Sept 4 Time: Noon-3 pm

Fee: Free Sessions: On-going

Healthy Senior Living

Martin Luther King

This program by the Urban Partnership and Community Development Center in cooperation with the Martin Luther King Rec Center will meet the third Thursday of every month. Monthly meetings will provide information and discussion about different health topics. A healthy lunch will be served each month. For more information please call 651-224-4601.

Day: 3rd Thur of the month Time: 9am-3pm

Fee: Free Sessions: On-going

Fitness Room and Walking Track

Jimmy Lee, El Rio Vista, and Linwood (fitness room only)

The fitness and walking track will be available for use during normal programming hours.

Fee: \$3/day or \$25 per year for membership card.

Walking

West Minnehaha

Don't let the weather interfere with walking for exercise.

Day: Tue & Fri Date: On-going Time: 1-2pm

Fee: Free Sessions: On-going



Strive for 25

- 25 minutes of physical activity per day
- 25 fruit/vegetable servings each week
- Walk or bike 25 miles each month

#2817

ADULT/SENIOR Fitness & Wellness at Linwood

All classes are \$5/session. Discounted punch cards are available for purchase. Cards are good for any Linwood exercise class and valid for one year. Punch cards may not be used for the Exercise/Weight Room.

20 Session Punch Card: \$80
12 Session Punch Card: \$54

Complete Fitness Challenge

Certified Instructor: Colleen Tusa

This class provides a low impact, high intensity class to challenge and improve strength, flexibility and endurance. Steps, exercise balls, hand weights, yoga poses and cardio kick boxing moves are used to get a complete workout. Participants are encouraged to go at their own pace.

Day: Tue	Date: On-going	Time: 10:30-11:30am
Day: Fri	Date: On-going	Time: 9:30-10:30am
Day: Sat	Date: On-going	Time: 9-10am

Early Bird Cardio Workout

Certified Instructor: Cliff Swynigan

Get your day off to a great start. Class begins with warm-up and 20-30 minutes of cardio workout with strengthening for those target areas & stretching for all major muscle groups.

Day: Tues & Thur Date: On-going Time: 6-7am

Pilates Based Exercise

Certified Instructor: Cliff Swynigan

Pilates based movement for flexibility and strength are used along with Plyometric movements to increase cardio.

Day: Tues & Thur Date: On-going Time: 6:15-7:15pm

"Sit" Exercise

Certified Instructor: Theresa Davenport

This class is geared to the needs of the active, older adult. We move through a variety of exercises while sitting or standing to increase range of motion and muscular strength, balance, and coordination needed for daily living. Hand weights, balls, resistance bands, and chairs are provided.

Day: Mon Date: On-going Time: 9:15-10:15am

Yoga

Certified Instructor: Teresa Davenport

This Hatha-based yoga class is for anyone new to yoga. The focus will be on basic postures, breath awareness and guided relaxation to develop strength and flexibility. Each student is encouraged to move at his or her own pace, stretching only as far as is comfortable. Yoga mats and blocks are provided.

Day: Wed	Date: On-going	Time: 9:15-10:15am
Day: Wed	Date: On-going	Time: 7:45-8:45pm
Day: Fri	Date: On-going	Time: Noon-1pm
Day: Fri (Seniors Only)	Date: On-going	Time: 1:15-2:15pm

55 Plus Fitness Class

Certified Instructor: Theresa Davenport

Moderate exercise for active adults. Class designs provide a complete workout including warm up, 10-20 minutes of progressive mild aerobic activity, strengthening and flexibility of all major muscle groups. This class is designed to gradually build endurance and strength.

Day: Tues/Thur Date: On-going Time: 9:15-10:15am

Partnerships

ALL AROUND THE NEIGHBORHOOD

This program is for kids who live or attend school on the West Side, and are in grades 1-6. Free camps are held on days off school at various locations on the West Side. Children can sign up at Baker Recreation Center. For more information please contact, AATN staff at 651-209-3519.



WEST SIDE CIRCULATOR

The West Side Circulator is a free transportation service that is available after school and on days off school, for youth to travel around the West Side. For bus schedules please contact Baker or El Rio Rec Centers.

MOUNT AIRY BRANCH BOYS AND GIRLS CLUB

Saint Paul Parks and Recreation and the Boys and Girls Clubs of the Twin Cities joined efforts to preserve youth programming at Mount Airy. The Mount Airy program includes social development, homework help, physical education, team sports and prevention classes (gangs, drugs, alcohol, etc.) for youth 6 to 18 years old. For information contact the Branch Director, Kirsten Fisher by email at kfisher@boysandgirls.org or by phone at 651-221-0330. Visit our web site at www.boysandgirls.org

Hours of Operation: Mon - Fri, 3- 8pm, Early release days or vacation days, 1-7pm
Yearly Membership Fee: \$5.00

BOYS & GIRLS CLUB SPECIAL EVENTS:

Multi-cultural Celebration

Fashion show, cultural foods & activities
Day: Thur Date: Dec 18 Time: 6-7:30pm

Martin Luther King Jr Day

Speech Contest and March
Day: Mon Date: Jan 19 Time: 3-5pm

Valentines Party

Day: Fri Date: Feb 13 Time: 4-6pm

Middle School Valentines Dance

Day: Fri Date: Feb 13 Time: 6-8pm
Fee \$2

Leprechan Hunt - St. Patrick's Day

Day: Wed Date: Mar 17 Time: 6-7:30pm

National Boys & Girls Club

Spirit Week

Activities will include: Mon-Carnival, Tue-Roller skating, Wed-Track & Field Day, Thu-18U Boys BB Tourney & Coronation of Royalty, Fri-16U Co-ed BB Tourney & Neighborhood BBQ

Day: Mon-Fri Date: Mar 30-Apr 3

Community Egg Hunt

Day: Fri Date: Apr 10 Time: 5:30pm

Great River Water Park

Welcome to the Great River Water Park. Come enjoy playing in our activity area with age appropriate water slides, rope climb area and water play features. We also have two new water slides for the older children that twist and turn on the outside of the Center and return back inside. There's more fun in our indoor 8 lane pool, with diving board – and don't forget Snappy the Turtle! Check out our new concession area right inside the pool for your convenience.

Fees:

YOUTH (Under 48")	\$ 4.50
YOUTH (16 & under)	\$ 5.00
ADULT	\$ 6.50
ADULT (62 +)	\$ 6.00
FAMILY (5 Members) (\$3.00 each additional person)	\$16.00
NON-SWIMMING DECK FEE	\$2.00
LAP SWIM	\$5.00
WATER AEROBICS	\$5.00

Group Rate (10+)*

YOUTH (Under 48")	\$ 4.00
YOUTH (Under 16)	\$ 4.50
ADULT	\$ 6.00
ADULT (62 +)	\$ 5.50
* Groups of 25+ must have a reservation	

New!

Birthday Party room available pool side; please see web page for more information or call center at 651-642-0650 for reservations.



Lap Swim

MONDAY	6:30-9:30am	5:30-7pm
WEDNESDAY	6:30-9:30am	5:30-7pm
THURSDAY	5:30-7pm	
FRIDAY	6:30-9:30am	5:30-7pm
SATURDAY	11am-12 noon	
SUNDAY	11am-12 noon	

Water Aerobics

MON, WED, & FRI	9:30-10:30am
TUE & THUR	5:30-6:30pm
SATURDAY	10-11am

Open Swim

MON, WED, & FRI	10:30am-12:30pm
<i>Half Price on Mondays</i>	

Children's Activity Pool & Slides:

MON, WED, & FRI	4-8:30pm
<i>Half Price on Mondays</i>	

All 3 Pools:

MON, WED, & FRI	7-8:30pm
<i>Half Price on Mondays</i>	
SATURDAY	12-7pm
SUNDAY	12-5pm

Adaptive Recreation

THURSDAY	6:30-8:30pm
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Get Fit for a Buck Days

Participate in Water Aerobics from 10-11am, or Lap Swim from 11am – noon, or Open Swim from noon to 7pm for \$1.

Dates are the following:

September 20th
October 18th
November 22nd
December 20th

Swimming Lessons

SATURDAY SESSION	Oct 4 – Nov 22
9:00am & 10:00am	

TUESDAY SESSION	Oct 7 – Dec 2
4:30pm:	Fin Buddies (parent/child) – Sunfish (formerly level 2)

5:30pm & 6:30pm: All levels
* No class on November 25th *



Local Libraries

Riverview Library

1 E George Street
651-292-6626
Mon, Wed, & Thurs 12:30pm-9:00pm
Tues 10:00am-9:00pm
Sat 10:00am-5:30pm

Rondo Community Library

461 North Dale Street
651-266-7400
Mon – Thurs 10am-9pm
Fri & Sat 10-5:30pm
Sun 10-5pm



SAINT PAUL
PUBLIC
LIBRARY

No School Day Programming

Don't sit home alone; come spend some time with us having fun in a positive and safe place during these no school days.



FALL: Oct 16 & 17

WINTER: Dec 22, 23, 26, 29, 30 & Jan 2

SPRING: March 30, 31 & April 1, 2, & 3

ALL PROGRAMS ARE FREE. Full day program hours are 8am-6pm. Half day sites are 1-6pm. If you have any questions, please feel free to contact your closest recreation center or call 651-266-6400. *Pre-Registration must be completed by parent or guardian.* Forms will be available at the recreation center or online at www.stpaul.gov/parks. Space is limited.



All Day Programming

8 AM — 6 PM

Sites: Dayton's Bluff, Jimmy Lee, Hancock, Hazel Park, & North Dale.

Half Day Programming

1 — 6 PM

Sites: Scheffer, Hillcrest, McDonough, & Margaret.

Teen Programming

1 — 6 PM

Ages: 13-18

Sites: Hayden Heights, Palace, MLK, & Rice.



Rec Check

Rec Check is a free after school program. Youth in grades 1-6, check in with staff upon arriving at the center and check out when leaving. Parents can choose to be notified when their child does not check in. Youth participate in a variety of scheduled activities including arts & crafts, reading, homework help, and special events. To promote health & fitness, staff will engage youth daily in physical activities such as gym games, outdoor play, and fitness fun. A daily snack is provided. Registration is required & space is limited. Rec check is for youth who live or attend school in Saint Paul.

DAY: Mon-Fri **DATE:** Sept 8 **TIME:** 3-6pm
FEE: Free **AGES:** 6-12 (1st - 6th Grade)

SESSIONS: All public school days except early release days.

SITES: Arlington, Baker, Conway, Dayton's Bluff, Duluth & Case, Front, Hancock, Jimmy Lee, McDonough, MLK, North Dale, Palace, Prosperity, Scheffer, Sylvan, & West Minnehaha

S'more Fun Childcare

S'more Fun is a childcare/recreation program for school-aged children in kindergarten through 6th grade (ages 6-12). We offer recreational, cultural, social and educational activities. Our goal is for children to pursue their own interests, develop friendships, gain confidence, and build independence in a safe, comfortable, trusting and FUN atmosphere.

Battle Creek Recreation Center

Year round program available

MON - FRI **HOURS:** 6:30-9:15am & 2:30-6pm

For more information please call 651-501-6388

Groveland Recreation Center

Year round program available

MON - FRI **HOURS:** 7:15am - 6pm

For more information please call 651-695-3715

North West Como Recreation Center

MON - FRI **HOURS:** 7-8:20am & 3-6pm

NO SCHOOL DAYS: 7-6pm

For more information please call 651-487-5626